

MAY

Mental Health Awareness Month! Free & public events in Southwest CT

Youth Mental Health First Aid Training
Stratford Community Services
To register, call 203-385-4095



Sunday, May 1, 2-4pm "Healing Voices" Film
Ferguson Library, Stamford

May 1-31

Artist's Workshop

The Inn at Wavenvy LifeCare, New Canaan
 laurhouse resources to recover

Thursday, May 5, 12, 19 & 26, 9:30am-12:30pm Mental Health First Aid Training for Municipal Employees

Greenwich Police Department

Tuesday, May 10, 6-6:30pm Caring Network Film Series: Young Adults and the College Years

Public Access Channel 88

Monday, May 16 AND Tuesday, May 17, 8:30am-4:30pm Free ASIST Suicide Prevention Training

HSC Community Services, Norwalk
To register, call 203-840-1187

Thursday, May 19, 7:45-9am Keystone House Inc. Open House

Keystone House, Norwalk

Thursday, May 19, 8:30am- 5pm Mental Health First Aid Training (adult)

CCAR Young Adult & Family Project, Bridgeport
To register, call 203-870-9132

Tuesday, May 24, 6-7:30pm Stress: Tools to Keep Calm & Carry On

Bridgeport Public Library-Newfield Branch

Wednesday, May 29, 5:30-8:30pm & Saturday April 30, 8:30am-2pm Youth Mental Health First Aid Training

To register, call 203-385-4095

Tuesday, May 2 & 3 "Recovery Rocks" Art Project

Bridgeport Public Library- Newfield Branch, Bridgeport

Wednesday, May 4, 6-7:30pm "Healing Voices" Film

The Inn at Wavenvy LifeCare, New Canaan
 laurhouse resources to recover

Thursday, May 5, 11:30am-12:30pm Steel Drum, Keyboard and Vocals Performance

Laurel House Resource Center, Stamford

Friday, May 6, 2-4pm Wellness Fair

Bridge House, Bridgeport

Wednesday, May 11, 10am-1pm "Recovery Rocks" Awareness Art Project

Ferguson Library, Stamford
 dmHAS F. S. Dubois

Monday, May 16, 3:30-5pm Laugh For the Health of It!

CCAR Young Adult & Family Project, Bridgeport
Register by email to: coordinator@TurningPointCT.org

Thursday, May 19, 11am-2pm Rain Date: Thursday, May 26 Pathways Field Day

509 East Putnam Ave, Greenwich
 PATHWAYS

Thursday, May 26, 2-5pm Provider Talk: A Nutritional Approach to Mental Illness

Norwalk City Hall
(CEU's Pending) To register, call 203-840-1187

Tuesday, May 3, 6-6:30pm Film: Recognizing Your Child's Needs

Public Access Channel 88

Wednesday, May 4, 10am-12pm Mental Health & Wellness Day

Optimus Healthcare, Stamford
 RYSA

Wednesday, May 4, 6:30-8:30pm "Healing Voices" Film

Norwalk Hospital, Perkin Auditorium, Norwalk

Thursday, May 5, 1:30-3:30pm Movie: Inside Out

LifeBridge, Bridgeport
 Keystone

Friday, May 6, 6-11pm Keystone's Derby Eve Party

The Norwalk Inn, Norwalk

Wednesday, May 11, 11am-1pm Musical Performance: The Grace Notes

Laurel House, Stamford
 laurel house

Wednesday, May 18, 10-11am Family and Friends Open House

Bridge House, Bridgeport
 BRIDGE FIRST

Wednesday, May 18, 6-6:30pm Presentation by the National Alliance on Mental Health

Keystone House, Norwalk

Monday, May 21, 10am Mental Health First Aid Training (adult)

Stratford Community Services
To Register, call 203-385-4095

Wednesday, May 3, 9:30-11:30am Annual Talent Show

Greater Bridgeport Community Mental Health Center, Bridgeport
 dmHAS F. S. Dubois

Wednesday, May 4, 9:30am-11:30am "Recovery Rocks" Awareness Art Project

Government Center, Stamford

Wednesday, May 4, 10am-12pm Mental Health & Wellness Day

Optimus Healthcare, Stamford
 RYSA

Wednesday, May 4, 6:30-8:30pm "Healing Voices" Film

Norwalk Hospital, Nash Auditorium

Saturday, May 7, 2-3pm Art Therapy Crofternoon

New Canaan Library

Saturday, May 7, 2-4pm "Wellness Is Where We're At"

Binney Park, Old Greenwich

Saturday, May 14, 8:30-5:30pm Primeros Auxilios para la Salud Mental

HSC Community Services, Norwalk
Para Registrarse: 203-840-1187

Friday, May 13, 1-4pm Hearing Voices: An Experiential Training

Kennedy Center, Trumbull
 KENNEDY CENTER

Friday, May 13, 11am-1pm Panel: Work-Based Programs and Community Living

Tully Center, Conference Room B, Stamford
 dmHAS

Tuesday, May 2 & 3 Mental Health Study Break for A.P. Week

Trumbull Library, Trumbull

Wednesday, May 4, 10am-12pm "Recovery Rocks" Awareness Art Project

Government Center, Stamford

Wednesday, May 4, 6:30-8:30pm "Healing Voices" Film

Norwalk Hospital, Nash Auditorium

Wednesday, May 4, 9:30am-11:30am Annual Talent Show

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